

## Healthy Vending Is Here!

Mayor Mark Luttrell believes that employees and visiting members of the public deserve greater choice and access to healthy food and beverage items on public property. “I have come to understand the strong relationship between diet and health, and the increasing rates of overweight and obesity make my support of nutritious choices at work part of my commitment to your health,” said the Mayor. The following policies and guidelines were designed to make healthy food and beverage options the easy choice, while being supportive of the individual right to choose. By implementing these guidelines, we will promote better health and help reduce our risks for chronic diseases.

The goal of this policy change is to ensure that healthy options are available for purchase at Shelby County Government facilities since employees spend a significant amount of time at work, make multiple food choices at work, and often patronize vending machines. The Executive Order, which has been signed by Mayor Mark Luttrell, applies to all vending machines on any public properties serviced by licensed blind vendors, private third party vendors, and private vending companies. **The Healthy Vending policy will be implemented on September 30, 2012!**

SCG has chosen to use the *Fit Pick* program, which is a vending program designed to help consumers determine which choices are lower in fat and sugar than traditionally vended products. The *Fit Pick* nutritional criteria are based on the dietary recommendations of the American Heart Association, the 2005 USDA Dietary Guidelines for Americans, and the Alliance for a Healthier Generation for Competitive Foods. Fifty percent (50%) of foods offered in each vending machine shall meet the following criteria: 35-10-35 - no more than 35% of total calories from fat, no more than 10% of calories from saturated fat, and no more than 35% of total product weight from sugar. Fifty percent (50%) of beverages in each vending machine will also meet standards minimizing calories from sweeteners and fat content, and promoting 100% fruit and vegetable juices.

Shelby County Government has partnered with Tennessee Business Enterprises (TBE) and the blind vendors to make this healthy vending project successful. TBE is a food service business operated by the State of Tennessee. Its mission is to provide entrepreneurial opportunities for legally blind citizens of our state who have been trained and licensed to manage food service and vending facilities. With their assistance, we will be able to easily identify healthy food items in the vending machines. Look for the *Fit Pick* sticker.



Thank you for your input and enjoy the healthy options!